certify that this correspondence is being filed by sepositing it with the United States Postal Service as first class mail in an envelope with sufficient postage and addressed to MS: Fee Amendment, Commissioner of Patents, P.O. Box 1450,

Alexandria, VA 22313 1450 on the date indicated below.

Peter K. Trzyna (Reg. No. 32,601)

PATENT

Paper No.

File: Hinne-P3-01

Date: January 24, 2005

IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

Inventor

Michael Hinnebusch

Serial No.

10/015,866

Filed

12 December 2001

For

SYSTEM AND METHOD TO IMPROVE FITNESS

TRAINING

Group Art Unit

3629

Examiner

NELSON, Freda Ann

Honorable Commissioner of Patents and Trademarks
Washington, D.C. 20231

TRANSMITTAL LETTER

SIR:

Transmitted herewith for filing in the above-identified patent application is the

following:

- 1. Amendment and Response;
- 2. Petition for Extension of Time;
- 3. Substitute Specification Pages 2-3; and
- 4. Substitute Abstract.

APPLICANT CLAIMS SMALL ENTITY STATUS. The Commissioner is hereby authorized to charge any fees associated with the above-identified patent application or credit any overcharges to Deposit Account No. 50-0235.

Please direct all correspondence to the undersigned at the address given below.

Respectfully submitted,

Date: January 24, 2005

Peter K. Trzyna (Reg. No. 32,601)

P.O. Box 7131 Chicago, IL 60680-7131

(312) 240-0824